

# N E W S   R E L E A S E

## D I S T R I C T S

WESTERN	/ WESTMOUNT YMCA 4585 Sherbrooke W.	- monday 937-3916	Y O G A  EVENING  COURSES
CENTRAL	/ UNIVERSITY OF MONTREAL Sports Department	- tuesday 733-9002	
EASTERN	/ INTERNATIONAL YMCA Park Ave./ St. Viateur	- wednesday 271-4639	
SUBURBS	/ ST.LAURENT, CARTIERVILLE, TOWN OF MOUNT ROYAL, LAKESHORE, ROXBORO, CHOMEDY, L'Acadie.	- thursday 932-9090 744-2039	

## RENEW YOUR LIFE THROUGH Y O G A

Various associations in Montreal i.e. Y.M.C.A. etc. have experimented with mixed evening courses in Yoga - age groups between 16-65. In view of the fact that the response has been excellent, and the courses were completed successfully, new courses have been planned. REGISTRATION IS OPEN NOW.

The courses which are quite comprehensive, consist of 60 minutes YOGA exercises, about 40 minutes lecture, and 20 minutes relaxation and concentration.. The teacher Mrs. Diane Bachley, a University graduate and the Directress of the "Yoga Society of Quebec", was initiated in the Science of Yoga at an early age when she lived in the Far East with her Dutch Colonel father. She believes in scientific reasoning at every stage and for every step her pupils do, instead of following the ritualistic exercises automatically, and has adapted her program to the Western way of life. A program that excludes Eastern rites and cults.

For those readers unacquainted with yoga, Mrs. Bachley explains: " The aim of Yoga is not merely the superficial development of muscles, but the normalisation of the functions of the entire organism. This is achieved by placing the body in various positions while simultaneously relaxing, deep breathing and practising concentration. Age, vocation, occupation make no difference.

The secret of YOGA lies in the fact that it deals with the entire person, not with just one of his aspects. It is concerned with growth - physical, mental, moral and spiritual. As a result - better health, sounder sleep, a keener mind, and a more cheerful disposition."